

LOWER CAPE RECREATIONAL BASKETBALL LEAGUE
GRADES 5th & 6th

******VERY IMPORTANT******

Before each game, Referee's and both Team Coaches MUST go over ALL Game Rules so everyone is on the same page!!!!

GAME LENGTH: 2/ 20 minute halves running- stop time last for 1 minute of each half and for shooting fouls

OVER TIME: None

3 POINTERS: If home gym has 3 pt line, 3 pt baskets are allowed.

JUMP BALLS: Only at the start of the game then alternate possession

BALL SIZE: 28.5

BASKET HEIGHT/COURT SIZE: WILL VARY TOWN TO TOWN

BASKET HEIGHT: 10 ft high

COURT SIZE: Full Court elementary size

LANE VIOLATIONS: 3 second

DEFENSIVE RULES: double team inside the 3pt line only for grades 5-6 (as long as the offense is inside the 3pt area)

MAN TO MAN OR ZONE DEFENSE

Half- Court Defense

Must allow offensive player to get both feet and the ball over the half court line or ball goes back to offensive team.

PRESSING: Last 2 minutes of each half either team can full court press (no pressing if your team is up by 10 pts)

FOULS: 5 per player

FOUL SHOTS: shooting fouls, technical; after 7 fouls in a half 1 and 1 2 shots after 10 team fouls in half

FOUL LINE: 1 step in for girls (if needed); Regular foul line for boys

TIME OUTS: 2 per half; cannot carry over unused time outs into next half; subs will not be charged a time-out

BACKCOURT: half-court line

(Both Boys & Girls have 10 seconds to get over half court)

SUBSTITUTIONS: on the fly for grades 5-6

PARTICIPATION: 50% of game unless more than 10 players, injury, foul trouble, fitness, or disciplinary action (notify opposing coach)

OFFICIAL SCORE: home team score book; check at each half

***** PLEASE DO NOT ARRIVE AT GYM MORE THAN 5 MINUTES PRIOR TO THE START OF GAME TIME *****

- **NO FOOD – DRINKS- BASKETBALLS-UNSUPERVISED CHILDREN AND PETS**
- **PLEASE REMOVE WATER BOTTLES/TRASH**

****GOOD SPORTSMANSHIP *** DON'T CRITIZE THE OFFICIALS*** NO COMPLAINING** RESPECT ALL PLAYERS, COACHES AND OFFICIALS**** HAVE FUN – PLAY HARD**